

Abstract

Title: Effect of muscle hypertrophy training with split systems at intermediate and advanced clients in the fitness center

Objectives: Based on the literature analysis we establish the principles of training for muscle hypertrophy affecting fitness centers for clients aged 18 - 50 years

Methods: In our thesis we used a method of literature search. We will critically analyze available literature and make specific design methods that lead to effecting muscle hypertrophy for intermediate and advanced clients in a fitness centre.

Results: Principles of design an individual program for intermediate and advanced clients in the fitness

Keywords: Strenght training, muscle hypertrophy, training split, a muscle